

Staying connected to volunteers is a priority in Potton

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THE RECORD

THE VOICE OF THE EASTERN TOWNSHIPS SINCE 1897

Leaving home long ago

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TUESDAY, NOVEMBER 8, 2016

Community groups demand emergency relief

Record Staff
SHERBROOKE

A united front of some 250 independent community action organizations in the Townships are sounding the alarm and demanding emergency government investment to finance their missions while respecting their autonomy, and also put an end to budget cuts in public services and social programs.

United by the single national campaign "Commit yourself to the community", these organizations will be seen and heard on November 8 and 9. Despite announcements of investment in health and education in the government's economic update on Oct. 25, there is no indication in the short or medium term, of improved living conditions for a large part of the population., a communiqué says.

People, especially the most vulnerable, are getting poorer and increasingly isolated. They gather around autonomous community action groups to find mutual support and solidarity, but also to give voice to their demands for respect for their rights. "Many organizations now have to resort to waiting lists, unable to meet the demands of growing population, that we did not see a few years ago," says Sebastien Laberge, Director of the Partage St Francis.

Despite some government recognition for their work, no financial commitment to support their mission has been made for far too long already. "Some are facing economic closure, reductions in hours, and exhausted staff,

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Bishop's Students hold crosswalk protest



JESSICA GOODSELL

Members of the Bishop's University students' council held a demonstration at the College street crosswalk on Monday morning at 8am to highlight what they say are dangerous conditions for pedestrians and drivers in the community.

By Gordon Lambie

Members of Bishop's University's Students' Representative Council (SRC) held a brief demonstration at the crosswalk on the corner of College and Little Forks Streets on Monday morning to highlight their ongoing concern over the dangers of

Lennoxville's pedestrian crossings.

"We were expecting that people would honk, or express annoyance in some way, but that didn't happen," said SRC President Chelsea McClellan, explaining that the small group was only present and crossing back and forth between 8am and 8:20. "We didn't want to cause a huge amount of disruption," the

president added, noting that the point of the protest is to draw an attention to the issue rather than irritate local drivers.

According to McClellan, photos taken during the protest will be shared online and with local media in order to try to

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Weather



TODAY:
SUNNY

HIGH OF 12
LOW OF 3



WEDNESDAY:
RAIN

HIGH OF 4
LOW OF -8



THURSDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 7
LOW OF 4



FRIDAY:
RAIN

HIGH OF 7
LOW OF -5



SATURDAY:
MIX OF SUN
AND CLOUDS

HIGH OF 1
LOW OF -5



DISHPAN HANDS

SHEILA QUINN

The latest in the Marvel series of superhero films hit Sherbrooke's La Maison du Cinéma this weekend, with British actor Benedict Cumberbatch (known for his outstanding performances in the Sherlock television series, voicing the role of the ultimate dragon, Smaug the Magnificent and The Necromancer in *An Unexpected Journey*, the 2012 first installment of *The Hobbit* films, received an Academy Award nomination for his role in the heartbreaking WWII-based film *The Imitation Game*, among other much-loved roles) demonstrating an uncanny capacity for filling the shoes of fantastically powerful, ego-driven characters. This time, he is Dr. Strange.

A well-timed (pun intended) release, Dr. Strange's big screen debut adds to the collection of Marvel characters brought to life, including *The Avengers* (Black Widow, Iron Man, Hulk, Hawkeye, Thor and Captain America), *Ant Man* (surprisingly entertaining, starring Paul Rudd as the teeny Titan), *Guardians of the Galaxy* (Star Lord, Gamora, Drax the Destroyer, Rocket and Groot - the latter two being, believe it or not, a very angry space pirate racoon his side-kick and fellow pirate, uh.....tree, I guess you would call him), and *Spiderman*, among others. *Black Widow* is a highly trained weapon herself, *Iron Man* is a brilliant, wealthy, spoiled brat playboy scientist who has to develop a conscience while he builds incredible things, *Hulk* is a Gamma-ray influenced beast beyond measure, *Thor* is the son of Odin, and so on. They are either built to be extraordinarily powerful, born with extraordinary power, build extraordinary power, or are exposed to powerful things that give them extraor-

Dr. Strange

dinary power.

So, what's with unexplained the time pun, you ask? When Dr. Stephen Strange experiences severe nerve damage in his hands, he is determined to return to his previous steadiness and ability with precision. When conventional treatments seem technologically and neurologically limited in restoring full function, Dr. Strange follows the trail of legendary healing across the world to a guru rumoured to have restored function in folks who were at the mercy of injuries and conditions no one has been able to correct within even the most unconventional circles of medical innovation. Through guidance, it turns out, Dr. Strange's phenomenal ability for assimilating information results in a rapid intake of otherworldly knowledge involving manipulating space, time and dimensions. Quick learner.

In the role of the guru, known as the Ancient One, Tilda Swinton demonstrates her might. With upwards of seventy-something films to her credit, this is not her first inter-dimensional role, as Swinton appeared in Quebecer Robert Lepage's film *Possible Worlds* (2000) as Joyce, the ever-present and ever-changing love interest of a man living in parallel worlds. Another great timey-wimey (to quote timelord Dr. Who) film to take in.

Back to Dr. Strange though.

Let's just say, that where *Hulk* can bend a tank in half, the Ancient One, and eventually Dr. Strange, can, oh, say....bend a decade...or a galaxy. While ego is partly responsible for the tragic situation where he initially finds himself ('where he finds himself, oh, another space/time pun, this is too easy), the series of events results in developing skills he never could have conceived even within the expanse that was his former neurosurgery career. When your experience is a horrific accident that robs you of your life's purpose, in the movies, it appears the silver lining has to be pretty huge.

Dr. Strange first came to life in 1963 (issue 110 of *Strange Tales*) thanks to artist Steve Ditko. Writer Stan Lee was involved in developing the details of his involvement in the Marvel universe. And yes, true to form, Lee has his trademark cameo in the *Dr. Strange* film, as he does in all other Marvel pictures.

The 40-year-old actor, Benedict Cumberbatch is the son of actors Timothy

Carlton and Wanda Ventham, a graduate of the University of Manchester and holds a Master of Arts in Classical Acting from the London Academy of Music and Dramatic Art. While there is definitely an air of natural acting ability about Cumberbatch, his training is evident. The kid's got poise. Chops. Flair. Honed skills. All on the to-do/must-be list of incarnating the arrogance necessary for Dr. Strange. If you've missed him as the modern-day Sherlock, alongside his *Hobbit* co-star Martin Freeman, the series is on Netflix, and well worth the watch.

You would think that as the Marvel money-maker churned out another screen adaptation of comic works, that things would eventually get a little stale, or as the expression with overdone and tired out ideas go 'jump the shark' (in reference to a *Happy Days* episode when the Fonz dares to jump over a shark tank on a motorcycle...when folks feel the show began to lose its shine). While there have been a few of the films in this grouping of super troops that were a little lacklustre or perhaps less hooky, Dr. Strange sure isn't one of them. While the film takes its entirety to bring this character's skills to full form, his growth and adaptation doesn't get old. The astoundingly nifty special effects make this a cool watch in 3D (and with great prices at La Maison du Cinéma even in 3D, the run in theatre 14 in 3D is worth the additional few bucks), and of course, if you aren't aware of this Marvel nugget, stay until the end of the credits, as there is always, without fail, a hidden scene. This one happens to add a very significant fold to the future of the characters involved.

The inevitable cross-over of characters that will come in time (and as a result a cinematic onslaught of current popular culture players) has Marvel fans hovering in anticipation, and also completely baffled by the price tag of such a list of high-priced actors in one flick. With the hand-over-fist money collection ensuing from each chapter on the big screen, merchandise sales and beyond, one can only assume that money is less of an object than anyone can imagine, and that these characters aren't the only big egos in the house.

Dress up your November with a little big screen time-bending worthy of an M.C. Escher work - and see *Dr. Strange* at La Maison du Cinéma!

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Ben by Daniel Shelton



LOCAL NEWS

This financial assistance is fully in line with the government's objective to ensure the sustainability of the forest products industry through innovation and training of its workforce.

Quebec invests \$18 million in forest industry training

Record Staff
SHERBROOKE

The Quebec government is making an investment of \$18 million in workforce and human resource management training in the forest industry. The announcement was made last Monday as part of the Forum Innovation Bois, by the Minister of Forests, Wildlife and Parks, Luc Blanchette, and Minister of Employment and social Solidarity, François Blais. The financial as-

sistance is part of government investments of nearly \$488 million released at the forum.

"The forest products industry is experiencing a period of transformation and must adapt to current realities to maintain a strong presence in Quebec," Blais said. "The sums invested in the context of the government action plan arising from the Wood Innovation Forum will enable companies and workers to be equipped to respond to changing jobs and workplaces in the forestry industry."

Over a period of three years, Emploi-Québec will make available a sum of \$6 million annually to support future workers, the existing workforce, as well as companies in the realization of any plans for training, skills development, or the management of human resources.

"The industry and the Government of Quebec have adopted a joint vision for the sustainability of the forest sector. As minister, my role will be to assist companies in their innovation projects to diversify, strengthen, and modernize our

forest products industry. This approach would not be possible without support of future workers as well as the current workforce," said Blanchette.

This financial assistance is fully in line with the government's objective to ensure the sustainability of the forest products industry through innovation and training of its workforce.

Since 2005-2006, Emploi-Québec has invested nearly \$260 million in the forestry industry to support this major component of Quebec's economy.

L'Appui Estrie marks National Caregivers Week

Record Staff
SHERBROOKE

In the Townships, nearly 43 900 people offer support to loved ones who require assistance in the everyday activities daily life. These caregivers, representing 20 per cent of the population, in various ways assume no less than 85 per cent of home care. It was under the theme "A course to recognize, a role to develop" that the group l'Appui pour les proches aidants d'ânés is marking National Caregivers' Week. Until November 12, a series of activities have

been scheduled in the region to inform the public of the realities faced by caregivers.

To recognize and value the role of caregiver is in everyone's interest!

L'Appui pour les proches aidants d'ânés is proud to partner financially in the organization of events in Valcourt, Sherbrooke, Asbestos, Cookshire-Eaton, and Coaticook.

Presented in concert with round table discussions for seniors and volunteer centres in the region, these activities will highlight the invaluable contribu-

tion of family caregivers in Québec society through lectures and first-hand testimonials. A detailed program is available on the website www.lappuiestrie.org in the regional news section.

In Quebec, more than 1.13 million people give their time, care and support, without remuneration, to an older person with reduced autonomy. It is in everyone's interest to promote work-family-care and consider caregivers as partners in the organization of health care and services for seniors losing their autonomy.

One number to remember for help L'Appui Estrie helps improve the quality of life of seniors' caregivers, ease their daily lives, and ensure that they can take full advantage of the resources available to them in the region. Through the Info-aidant line (1 855 852-7784), Appui Estrie offers a professional telephone service of listening, support, and customized references. The website www.lappuiestrie.org allows caregivers to access an online directory of available resources and reference materials in order to support them in their roles as caregivers to the elderly.

Man arrested for break-in, assault

Record Staff

Sherbrooke Police arrested a man Sunday suspected of having snuck into an East Sherbrooke home and

sexually assaulted the resident. The man attacked the victim at about 1 a.m. before taking off. He was soon located by patrol officers, who arrested him.

The suspect is known to police, but has no record for such crimes.

An investigation is underway and as yet it is unknown whether a connection existed between the suspect and the vic-

tim, who was not injured physically during the incident.

Emergency relief

CONT'D FROM PAGE 1

"says Promotion Handicap Estrie Director Line Lecours, "In such a context, how can we support the population?"

Adding that in several sectors, no indexation of their subsidy has occurred,

even though operating costs continue to increase. "Hydro-Quebec rates, rent, and telecommunications costs have not stopped going up. We are faced with difficult choices. Do we have to cut activities or reduce our capacity?" asks Promotion Handicap Estrie Director Guy

Boucher. Actions are planned in each of the Townships MRCs on November 8 and in Sherbrooke, organizations are gathering at the Carrefour de solidarité internationale at 9:00 a.m.

A large regional gathering will take

place on November 9. The march will leave the Abenaki Bingo at 1:00 p.m. The public is invited to take part in demanding a secure social safety net.

Windsor teen charged in baseball bat attack

Record Staff
SHERBROOKE

An 18-year old Saint-François-Xavier-de-Brompton man is facing charges after a fight with baseball bats went sideways early Sunday in Windsor, leaving a man in his late twenties in the hospital.

Félix Juneau was charged with aggravated assault and assault causing harm before Quebec Court judge Helen Fabi in Sherbrooke.

Police still don't know the reasons for the altercation that broke out in the Church St. residence.



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School Page

Waterloo Elementary

Waterloo school gets their hands dirty

By Catherine Canzani, Principal

Waterloo School has been in the midst of their pottery-making program for the last few weeks. Students have been involved in this project for several years and have become excellent potters under the watchful eye of pottery teacher, Qita Reindler.

Students from grades 2 to 6 are involved in the program, and thanks to the generous donation of a kiln donated to us by Brian Herman, we are able to both glaze and fire our pottery right in our school. Students make a variety of projects such as bowls, cups, spoon rests, soap dishes and beautiful Christmas ornaments, which are both given as Christmas gifts to students' families as well as being sold at our Christmas concert to raise some funds to keep the program running.

Pottery making is an expensive program and selling our works alone would

never generate enough income to keep the program running. Waterloo School is so blessed to receive generous donations from the Godbout Foundation as well as from the Waterloo School Trust Fund.

It is such a treat to watch our students so intent on their work. Everyone knows the routines and procedures and it is a very quiet workspace as students are focused on their works of art. Qita pulls up one student at a time and guides their hands through the process of creating on the potter's wheel. It's a sensitive process – one slight of hand and the project needs to be re-started. Other students sit at their tables working on their individual pieces with the help of our art teacher, Laura Teasdale.

We are looking forward to showcasing our students' creations at our up-coming Christmas Concert. Our pottery program is truly worth getting our hands dirty for.



Staying connected to volunteers is a priority in Potton



THE SCOOP
MABLE HASTINGS

Most community organizations will tell you that without the hard work and dedication of volunteers most groups and programs would either fail or at best, merely get by. Volunteers are one of our greatest resources and are essential to the success and continuity of many programs and projects in a community.

With this in mind, the Missisquoi North Volunteer Centre has hired a dynamic duo to filter, touch base and support its abundant and diverse bank of active volunteers. Some volunteers give of their time on a weekly basis while others volunteer at certain times of year. The Partage/Share good bank is a great

example given that many of their volunteers most active during the holidays when the Christmas food baskets are prepared and distributed. On the other hand, many volunteer drivers are called upon multiple times per week.

For Volunteer Coordinator, Sarah Jersey and her co-worker, Debra Harding who have taken on the new position one day per week (every Wednesday) at the CAB, it has been a real eye opener.

"I have been volunteering at the CAB for along time and have also been employed at the CAB's youth centre for several years and I honestly had no idea how many volunteers our organization has," shared Sarah Jersey. "Some work with the intellectually challenged, others with seniors, some with the youth and the list of possible volunteer involvement goes on and on..."

Debra Harding loves people and is finding the filtering process that involves a face to face sit down and the filling out of forms, a real joy. There is always a hot cup of coffee or tea awaiting the volunteers and just touching base with them has been rewarding.

"The form looks long but is actually quite painless," said one volunteer. "It made me realize how much I have been



COURTESY

Debra Harding and Sarah Jersey are Coordinating volunteers at the Missisquoi North Volunteer Centre (CAB) in Potton

able to do to help the community and that made me feel good."

Jersey and Harding are creating a volunteer binder that includes the forms, a photo and all the data needed to feed into a data base in the computer which is their next step after all volunteers have been filtered. The intent is to be better able and equipped to support the volunteers and the things that they enjoy doing while meeting the needs of the organization and community.

For more information about the CAB or to volunteer, contact Sarah or Debbie on Wednesdays at the CAB Main Office at 314 Principale in Mansonville or give them a call at 450-292-3114.

To those in all communities who give of their time, the CAB salutes you! As the "day of the volunteer" quickly approaches on December 5, volunteers everywhere are recognized and thanked for their kindness.

My Take:

Matthew McCully

I can't wait till the U.S. election is over and we can make conversation great again.

The focus can shift to the upcoming holiday season. Hockey will start to dominate dinner table talk.

What I found most frustrating about the U.S. election campaign has nothing to do with scandals or mudslinging, or the potential for disaster should the wrong candidate take office.

What irks me is that people, and I

mean citizens on both sides of the border, are willing to engage in politics when it comes to their president or prime minister, but are often ambivalent when it comes to involvement at a local level where decisions are made that di-

rectly affect their daily lives.

A figurehead can always be polished, but the quality of your drinking water or your community's urbanism plan can be a lot harder to stomach in the long run.

The 138th Missisquoi County Annual Plowing match

Submitted by Dianne Rhicard

The 138th Missisquoi County Annual Plowing Match was held October 8, 2016 on the farm of Denis Pelletier in St. Armand, Qc.

The rain held off until mid-afternoon for the twenty-three who participated in the event. They are Willie Realffe, Scott Harvey, Garth Harvey, Urban Swennen, Raymond Wightman, Eric Pelletier, Pierre Stewart, Barry Chamberlin, Maxim Brault, Ryan Realffe, Brent Chamberlin, Arnold Reynolds, Derick Swennen, Ross Harvey, Steven Goodhue, Pierre Paradis, Kaitlyn Realffe, Kayla Chamberlin, Lisa McNaughton, Matthew Girard, Tony Beuggar, Matthew McNaughton and Tom Beuggar.

Under a tent, donated food was served to the hungry plowmen and plowwomen at noon hour. Thank you ladies you are a plus to the Association.

The Awards were given out the fol-

lowing Friday evening at the banquet at the Legion in Phillipsburg. Anne and Company catered the banquet; they served hot chicken/ biscuit ham and vegetables, coleslaw and pumpkin/apple pies, coffee and tea.

The classes were semi-mount, 3 furrow, 2 furrow, antique, ladies and lawn tractors.

Willie Realffe received the Harvey brothers Trophy for the highest points in the semi-mount class, and the best crown the Norman Miller Trophy and the highest points for senior, the Missisquoi County Historical Society Trophy.

Urban Swennen received the Junior Harvey Trophy for the highest points in the three-furrow class and the Stanley Soule Trophy for best finish in the field.

Eric Pelletier received a Trophy from Sandra and Willie Realffe for the highest points in the two-furrow class.

Ryan Realffe received a Trophy from the Missisquoi County Plowing Associa-

tion for highest points in the antique class.

Kaitlyn Realffe received a Plaque from Barry Chamberlin for the highest points in the ladies class.

Matthew Girard received highest points in the lawn tractor class, received a Trophy designed by Steven McNaughton and Matthew Girard.

Kaitlyn Realffe, Kayla Chamberlin and Lisa McNaughton received cash money donated by Mr. & Mrs. Junior Harvey.

President Ross Harvey expressed his thanks to all those that helped make this plowing match a success in the form of cash, gifts, and trophies, tent and food. He also thanked the judge Peter Clark and the directors, secretary-treasurer, the caterer Ann and Company for their help too.

A standing ovation was given for President Ross Harvey.



Willie Realffe wins a third trophy for highest points. Helper is Ludovic Miclette

Maison Aube-Lumière's Therapeutic garden among finalists in Aviva Community Fund

Record Staff
SHERBROOKE

La Maison Aube-Lumière has received confirmation that its proposed therapeutic garden as earned enough votes to win a place in the finals of the Aviva Community Fund and could win \$100,000 for the realization of his project.

Maison Director Marie Bécotte says: "We want to thank the community of Sherbrooke, and more widely the East-

ern Townships, which has supported us in realizing our project by voting for us. The fight was hot and the team from La Maison and our many partners worked until the last minute so that we would qualify among the top five projects in our class. It is proof that together we can carry out larger than life projects."

The Maison Aube-Lumière project aims to create a therapeutic garden at the rear of the property. More and more therapeutic gardens are being installed

in hospitals since many scientific studies show the psychological, emotional and physiological benefits of these gardens in patients. Access to nature significantly increases positive feelings in patients and reduced emotions such as fear, anxiety, and sadness. Positive impacts are felt even at the physiological level by a decrease in blood pressure, cardiac activity, and muscle tension.

La Maison Aube-Lumière is among the five finalists of the Community Wellness

category for the projects valued from \$50,000 to \$ 100,000. In total, 454 projects were submitted in the competition this year. Other projects included in this category are supported by communities in Saskatchewan, Ontario, Nova Scotia and British Columbia.

Now that the 30 finalists have been selected, the jury will review them and choose the ones that will win a share of the \$1 million Aviva Community Fund. Winners will be announced on Dec. 6.

Crosswalk protest

CONT'D FROM PAGE 1

increase pressure on Quebec's Ministry of Transport to come up with a security solution. Though no clear plan has yet been made to make the passages safer, the President said that she and several other representatives from the school and city have been invited to a

meeting with local MTQ representatives on November 16.

Crosswalk safety concerns came to a head again in Lennoxville at the end of October after two Bishop's University students were hit by cars at two different crosswalks in the community on the same night. That incident came almost exactly one year after the son of Cham-

plain College's interim Campus Director Nancy Beattie was struck at the crosswalk in front of the Lennoxville borough office on Queen Street.

MTQ provided a written statement to The Record on the SRC's call for action saying that the ministry hopes to evaluate whether additional security measures are necessary at the Lennoxville

crosswalk as soon as possible. It is in the spirit of reaching that objective that a meeting has been called with representatives from the city of Sherbrooke, Champlain College Lennoxville, and Bishop's University.

EDITORIAL

More on the Atlantic crossing. I met new friends some of whom I remained in touch with for years

Leaving home long ago



TOM CAVANAGH

Initially there were three of us who had bonded together at university and agreed to go to Europe together, but I have covered that story already. Unexpected events left me with the one option of going alone or not going at all. So I set off on a Cunard liner headed for Le Havre by myself. England was my theoretical destination but I was in no rush and decided to hold off on the Channel crossing for some time in the future. My father saw me off in Peterborough with a downer message. We shook hands at the railroad station and he added a few words that choked me up. "By the time you get back I may be dead." Ouch.

More on the Atlantic crossing. I met new friends some of whom I remained in touch with for years. Later, one of them actually moved into the boarding house I had chosen when I got to London before

him. Let us call him Dave. We were not particularly close but it was rather nice to have another Canadian living nearby. He seemed to have tons of money and would check the stocks and bonds faithfully in the Globe and Mail every morning. At one point he took off to South Africa for a three week holiday. His father provided him with advice and directions about investments and Dave benefited. Fair enough but he was incredibly cheap. He would study the best possible routes for getting from point A to C or Z by taking either the metro or a bus in London. He spent hours to save a penny here or there. I was careful about my limited income but Dave seemed totally nutso. "Come on Tom. We can save a penny by walking just another five blocks in the cold rain." Dave was a very strange bird. He also had a knack for determining who recently put money in the meters (heaters) in our separate rooms. England was a cold country and those little meters often failed. Dave, however, like a bad smell, would show up and huddle down as close as he could to the little meter emanating warmth in my room. He was in truth a pain in the ass. He would butt in to save a few pennies and the next day set off to Spain for a few weeks to watch the bull fights in all their drama. Meanwhile I worked for minimum pay as a substitute teacher in some very tough London schools. Dave was not my

favorite person but there was quite a number of others in the boarding house. Germans, several Spaniards, many Brits of course, Canadians, etc. They were an interesting bunch and we got to know one another quite well. Especially with the landlady providing us with breakfast and supper on weekdays. At times I felt like I was back in university.

Sailing across the ocean is often a romantic subject although not for me. So there was no advanced planning but as fates would have it a romance of sorts did occur. Loss of my virginity? No. A topic for another day. Yet my new American female friend was an impressive dancer who was travelling with a companion, and had plans to continue her studies in London. We took meals together in settings that far removed from the stories and lives of Peterborough, Ontario. All in all she was very accomplished and sophisticated. Or that is how she seemed. However, at Le Havre harbor this romantic partner barely found time to say good bye. To hell with her. But there is this nigh unbelievable footnote.

About a year later in London while traversing Tottenham Court Road alone in the evening near Trafalgar Square I heard someone call my name. The odds against this happening are about a million to one. But there she was. My Cunard romance. How unexpected. She was studying at the

university of London. I was a supply teacher. The wrap up is painful. How beautiful she looked. Immature as I was, I found myself somehow fixating on the memory of her cool goodbye at Le Havre. Time to even up the score. She was ready to play games at Le Havre. Well I can play games too. One of the stupidest actions of my life. Like Rex Harrison in My Fair Lady I decided to teach the lady a lesson: "Let her shiver, let her moan, let her promise to atone, I will slam the door and let the hell-cat freeze." And so I became increasingly abrupt, snooty, and stand-offish with her. We parted at a busy corner and I did not get her address nor did I ask. No sharing of addresses on either side. I intentionally offered nothing and she responded in kind. Rightly so. Now I live with regret and lamentation over this little incident or confession. It still bothers me. Some things do not change. So be it. What a moron. Oh what a silly goose am I.

The thing about memoir I have discovered is the seriousness of the truth. These little tales relating to the crossing of the Atlantic are unnecessary. Perhaps. But in some ways the romance piece should be there. It keeps the picture complete. Leaving it out troubled me. I put it back in. I presume readers trust me so I owe it to them to include it. No cutting corners about my life and the kind of person I claim or hope to be.

Letters

Independent Sherbrooke councillors' joint statement on Serge Paquin

The resignation of Serge Paquin from Renouveau Sherbrookoïis, within just a year of a municipal election, says a lot about the elastic ethics of Mr. Paquin and Mayor Bernard Sévigny.

As if it were not possessing a party membership card were enough to eliminate favoritism and bias. In his letter to the leader of Renouveau Sherbrookoïis, Paquin assures the mayor of his loyalty and his dedication in his roles as council chair and chair of the executive committee and confirms that nothing will change.

He says he is beyond reproach and always acts impartially and fairly, and to support his claim, he said yesterday (Saturday) in an article in La Tribune: "I have not heard of any complaint to the council over the years and I don't recall any councillor evoking any."

Let's just say Mr. Paquin seems to have a fairly selective and relatively short memory.

On how many occasions has this man snubbed council members or citizens who have asked questions or complained about certain situations that affected the Paquin / Sévigny administration?

Remember his aggressive attack with regard to our colleague Julien Lachance, who dared to denounce council's lack of political courage during the 2014 budget preparation.

Just recently, H el ene Dauphinais denounced the process of the Well Inc. Project prior to the announcement with great fanfare by the Mayor in front of the Chamber of Commerce. Remember that the process had sidelined several independent advisors who learned of the project just hours before the announcement. Serge Paquin and Bernard S evigny answered

Mrs. Dauphinais, plainly saying they are assured a majority in council and don't need the support of independents. Worse, he said that if he had it to do over again, he would do exactly the same thing. So as to his neutrality and respect for all members of the council, we have already heard arguments to the contrary.

Now, as if nothing had happened, Mr. Paquin candidly announced that he will no longer be a part of Renouveau Sherbrookoïis. According to him, it's normal to get in and out of a political party according to his personal interests.

After having sworn that he would never become a member of a political party, he created quite a surprise a few weeks later by announcing his Renouveau Sherbrookoïis party membership. For those who follow municipal politics, it was pretty obvious that Mr. Paquin would, by this gesture, protect his council chair position and that of chair of the executive committee and the remuneration that comes with them. It is clear that today Mr. Paquin wants even more, he wants to have his cake and eat it too. This time he is using the reverse strategy.

With the complicity of the party president and mayor of Sherbrooke, Bernard S evigny, Mr. Paquin has come up with a plan that will allow him to keep his positions and salaries while allowing his wife to have access, before his retirement, to a mandate that will bring her a salary of about \$ 25,000.

Hard not to see a financial ploy! Of course there is nothing illegal in this, but this stratagem casts serious doubt on the trust that citizens and future candidates must have in the electoral

process.

We do not want in any way to question the professionalism of Mme Sauv e and her willingness to remain non-partisan. However, we all know that the appearance of conflict of interest is as important as the conflict of interest itself.

In this context:

Considering that Mr. Paquin wants to keep his positions until the end of his term, which ends in mid-October 2017, throughout the election period that will begin in the coming weeks;

Considering Mme. Sauv e says she wants to ensure all potential candidates of her absolute impartiality;

Considering that Mr. Paquin also wants, according to his own statements, to remain outside of debate and partisanship;

We demand that Mr. Paquin prove, beyond any doubt, that he is serious and honest by immediately resigning his functions as council chair and executive committee chair while holding on to his council seat..

Should Mr. Paquin refuse to proceed in this manner, we intend to intervene with the Directeur g en eral des  elections du Qu ebec so that he is at least made aware of this situation and can make the necessary decisions. We are convinced that he will take appropriate action to ensure that the citizens of Sherbrooke can have complete confidence in the electoral process.

ANNIE GODBOUT,
H EL ENE DAUPHINAIS,
MARC DENAULT,
JEAN-FRANCOIS ROULEAU,
PIERRE TARDIF

THE RECORD

6 Mallory, Sherbrooke, Quebec J1M 2E2
 FAX: 819-821-3179
 E-MAIL: newsroom@sherbrookerecord.com
 WEBSITE: www.sherbrookerecord.com

SHARON McCULLY PUBLISHER (819) 569-9511
 STEPHEN BLAKE CORRESP. EDITOR (819) 569-6345
 SERGE GAGNON CHIEF PRESSMAN (819) 569-9931

DEPARTMENTS

ACCOUNTING (819) 569-9511
 ADVERTISING (819) 569-9525
 CIRCULATION (819) 569-9528
 NEWSROOM (819) 569-6345

KNOWLTON OFFICE
 5B VICTORIA STREET, KNOWLTON, QUEBEC, J0E 1V0
 TEL: (450) 242-1188 FAX: (450) 243-5155

PRINT SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	135.60	6.78	13.53	\$155.91
	6 MONTHS	71.19	3.56	7.10	\$81.85
	3 MONTHS	36.16	1.81	3.60	\$41.57

ON-LINE SUBSCRIPTIONS

		GST	PST	TOTAL	
QUEBEC:	1 YEAR	71.50	3.58	7.13	\$82.21
	1 MONTH	6.49	0.32	0.65	\$7.46

Rates for out of Quebec and for other services available on request.

The Record is published daily Monday to Friday. Back copies of The Record are available.

The Record was founded on February 9, 1897, and acquired the Sherbrooke Examiner (est. 1879) in 1905 and the Sherbrooke Gazette (est. 1837) in 1908. The Record is published by Alta Newspaper Group Limited Partnership.

PM#0040007682

Return undeliverable Canadian addresses to The Record, 1195 Galt East, Sherbrooke, QC J1G 1Y7

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Local Sports

Thirteen-year-old rookie net minder Xavier Fisk stopped all 14 shots directed his way for the shut out.

Phoenix perfect through 4 game home stand

By Dylan Konecny

Last Saturday's 7-3 win against Drummondville over the Halloween weekend kicked off a four-game home stand for the Sherbrooke Phoenix. With the absence of Anderson MacDonald (U17 Hockey Challenge) as well as Kevin Gilbert, Nicolas Poulin, Skylar Strumas and Chase Harwell to injury, Sherbrooke has had to use call-ups to fill out their lineup with the hope of fielding a competitive squad in those key players' absence.

Head Coach Stéphane Julien's analysis of the team from day one of training camp has stated that his squad is built around their goaltender Evan Fitzpatrick, their veteran defensive corps and youth at the forward positions up front.

Fitzpatrick has been stellar in net for

the Birds. Throughout the last four wins, he has 0.932 save percentage and a goals-against average of 2.25 and appears to have found his groove two months into the season. Fitzpatrick, the team's star goaltender is expected to give a similar performance in the coming weeks when he suits up for team QMJHL in the Canada-Russia Series later this month (November 15th and 17th). Back in January at the CHL Top Prospects game in Vancouver, Fitzpatrick posted a shutout in his half of the game for team Cherry.

It's no surprise that the defence for the Phoenix has been led by team captain and Vancouver Canucks draft pick Carl Neill. Neill in his final year of Junior has gotten off to a great start with 18 points (3G, 15A) in 15 games. Neill on Sunday against Rimouski recorded two assists to get to the 150-point milestone in his QMJHL career, completing the feat

in 268 games.

The Phoenix's breakout stars for 2016-2017 have been defenceman Thomas Grégoire and forward Hugo Roy. Both players raised in the Sherbrooke area as children and in their third QMJHL season's have surpassed their highest career point totals through the team's first 17 games in the 2016-2017 campaign.

Grégoire is second in team scoring with 19 points (3G, 16A) while Hugo Roy currently leads the team with 21 points (9G, 12A). Last season Roy had 19 points in a full 68 games played and Grégoire had 15 points in 49 games played.

The second win of the current streak came on Wednesday when the Phoenix beat Victoriaville 4-1. With two lopsided wins under their belt, the Birds' third and fourth wins in a row came from hard fought games that needed overtime to determine the winner.

Against the Armada Friday night Hugo Roy scored the game-tying goal late in the third, then in overtime scored the game winner, keeping the win streak alive against a strong defensive Blainville-Boisbriand squad.

On Sunday, the Phoenix were visited by Rimouski and after storming to a 3-0 lead early in the first period, three goals in a 93 second span around the six-minute mark, Rimouski battled back tying the game with 41 seconds left after shutting out the Birds in the second and third period. In the overtime, Hugo Roy was the clutch player of the game again scoring his second straight overtime game winner. After shoveling the puck to the half boards on a dump in, Roy beat the Rimouski defenceman to the puck only to see that Rimouski's goalie Charles-Olivier Levesque was also going for the puck and caught out of position.

After grabbing the puck, Roy beelined past a helpless Levesque for the game winning goal and Sherbrooke's fourth straight victory, sending the Palais des Sports Léopold-Drolet into a frenzy.

After the perfect week by the Phoenix posting three wins. Hugo Roy was named the QMJHL's second star of the week. Over the three games Roy had 4 goals, 3 assists and +5 rating.

The win streak has seen the Phoenix move up all the way to 9th in the league's overall standings from 13th in the past seven days. Sherbrooke will have a daunting travel schedule this upcoming week traveling to Atlantic Canada to take on three Maritimes Division opponents in a three-day span. Thursday the Phoenix play the Islanders in Charlottetown, Friday in Halifax against the Mooseheads and then finishing up the trip Saturday against the Maritimes' top ranked Saint John Seadogs. In the Phoenix's first meeting with the Seadogs in Sherbrooke on October 9th, the Birds lost 5-3 in a tight game.

Travelling close to 1,700 km over the entire span of the three-game road trip. The Phoenix will have another prime opportunity to move up in the standings since only four points separate Sherbrooke (8-6-3) with 19 points, from 5th place Charlottetown (11-7-1) who have 23 points.

Anderson MacDonald will be back with the Phoenix after playing as a member of team Canada White at the U17 Hockey Challenge in Sault Ste. Marie, Ontario. As a member of Canada White, MacDonald recorded 2 assists in 6 games played. Canada White finished fourth after falling to the Russians in the Bronze medal match.



VINCENT LEVESQUE ROUSSEAU

Cookshire native Hugo Roy catches Rimouski goalie Charles-Olivier Levesque out of position before scoring the OT winner Sunday, keeping the Phoenix's win streak alive.

Pipers win Nicholas Gilkinson Hockey Tournament

By Bob Halsall

The Alexander Galt Senior Boys hockey team got off to an exciting start by winning the Neil Gilkinson Hockey Tournament Friday afternoon in Cowansville for the 6th time in its 13-year history.

The tournament is in memory of Gilkinson who died 12 years ago. He was an outstanding athlete for the Vikings athletic program on the ice and soccer field. He was the teams top scorer and leader and had a passion for sports.

The Pipers defeated the host school 5-0 in the opening game of the tournament. Felix Antoine Dostie, Zack Vaillancourt and Justin Schoolcraft scored single markers while Sam Blais netted a pair in the victory. Thirteen-year-old rookie net minder Xavier Fisk stopped all 14 shots directed his way for the shut out.

The Pipers and Stanstead College Prep team skated to a 2-2 tie in their second game. Jeremy Gagnon opened the scoring for the Spartans in the second period. Blais converted on a nice passing play from Schoolcraft and Cedric Fautoux to even the score 5:13 in the third

period. Zack Poulin put the Spartans back ahead with a power play marker two minutes later. Bryer Smith tied the game up with 2:50 remaining after taking a nice backhand saucer pass from Enrick Jutras Plante.

Rookie net minder Jordan Knapp kicked aside 22 of 24 shots to pick up the tie for the Pipers.

The Pipers faced off against the BCS Bears in their final game of the round robin tournament needing a win and not give up any goals to capture the trophy. Arbour and Smith gave the Pipers a quick 2-0 lead early in the contest. Dostie notched his second goal of the tournament thanks to a great individual effort from Tremblay to get him the puck short handed. Arbour potted his second of the game late in the second period to give the Pipers a 4-0 lead.

Tremblay made it 5-0 with a nifty move on a break away mid way through the third period. However the Pipers ran into penalty trouble the rest of the game, but Fisk was up to the test by stopping all 20 shots and preserving his second shut out in as many games and the Gilkinson trophy for Galt.



COURTESY OF ROBERT FISK

Death



Amy Louise JOHNSON

It is with great sadness that we announce the passing of Amy Louise Johnson on October 22, 2016, at her home in Ottawa, Ontario. Predeceased by her father, Howard Johnson; survived by her mother Judith Ruitter (Grant Green); her fiancée, Andrew Graham, and his family; her sisters Laury (Murray Heath) and Krista (David McAlister); her niece Teaghan and nephew Victor; uncles Gordon Johnson and David Ruitter (Catherine), cousins and many friends. Family and friends will be welcomed on November 12, from 1 p.m. at the

Désourdy Funeral Home
101, rue Jean-Besré,
Cowansville J2K 0L3

A Memorial service will begin at 2:30 p.m., followed by a reception at the Royal Canadian Legion, 120 boul Davignon. In lieu of flowers, donations can be made to the Heart and Stroke Foundation: www.heartandstroke.com. Forms available at the funeral home.

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TUESDAY, NOVEMBER 8, 2016

Today is the 313th day of 2016 and the 48th day of autumn.

TODAY'S HISTORY: In 1889, Montana was admitted as the 41st U.S. state.

In 1895, physicist Wilhelm Roentgen discovered X-rays.

In 1960, John F. Kennedy was elected president of the United States, defeating Richard Nixon.

In 2002, the U.N. Security Council unanimously voted to give Iraq a "final opportunity" to disarm.

In 2004, U.S. and Iraqi troops launched a successful siege of the city of Fallujah, an insurgent stronghold.

TODAY'S BIRTHDAYS: Edmond Halley

(1656-1742), astronomer/mathematician; Bram Stoker (1847-1912), author; Margaret Mitchell (1900-1949), author; Christiaan Barnard (1922-2001), surgeon; Bonnie Raitt (1949-), musician; Kazuo Ishiguro (1954-), author; Michael Nyqvist (1960-), actor; Gordon Ramsay, (1966-), chef; Parker Posey (1968-), actress; David Muir (1973-), TV journalist; Tara Reid (1975-), actress; Bucky Covington (1977-), singer; Jessica Lowndes (1988-), actress.

TODAY'S FACT: The synthetic element roentgenium (atomic number 111) was named after Wilhelm Roentgen. It currently has no known uses.

TODAY'S SPORTS: In 1966, Frank Robinson of the American League's Bal-

timore Orioles became the first person to win MVP honors from both baseball leagues. He had been named MVP in the National League in 1961 with the Cincinnati Reds.

TODAY'S QUOTE: "Until you've lost your reputation, you never realize what a burden it was or what freedom really is." — Margaret Mitchell, "Gone With the Wind"

TODAY'S NUMBER: 43 — age of John F. Kennedy when he won the 1960 presidential election, making him the youngest elected president in U.S. history.

TODAY'S MOON: Between first quarter moon (Nov. 7) and full moon (Nov. 14).

No single theory can explain why we yawn



ASK DOCTOR K
By Anthony L. Komaroff, M.D.

DEAR DOCTOR K: I get plenty of sleep. So why do I yawn all the time?

DEAR READER: We all yawn frequently, more often in the early morning and late evening. Does it mean we're tired? Bored? Short on oxygen? As common as it is, we know little for certain about yawning.

We do know that yawning does not always indicate a need for sleep. It is true that people often yawn as they get ready to retire for the night. But we also yawn when we first arise in the morning and

at other times during the day.

Past theories about why we yawn centered on the assumption that it was a reflex in response to low oxygen or high carbon dioxide levels. That's because breathing (which is what we do when we yawn) takes in oxygen and removes carbon dioxide. When you yawn, you take in more air than with a normal breath. So it's a reasonable theory that we yawn because we need more oxygen, or less carbon dioxide.

But reasonable theories often don't prove true. This particular theory lost favor after a study in which volunteers subjected to high oxygen levels did not yawn less, and after high carbon dioxide exposure did not yawn more.

Another theory of yawning is that it protects against a condition called atelectasis (at-al-EK-tas-is), which is the collapse of some of the lung's air sacs. The lungs are full of tiny little air sacs, but not all of them are filled with air. If an air sac remains without air, it's like a little collapsed balloon. Instead of being separated by air, the walls of the sac touch each other. If that goes on for very long, the walls can get sticky. It gets harder for the air sac to open when new air enters the lungs.

Yawning opens up tiny airways and

prevents them from collapsing. So the theory that yawning is a reflex that protects against atelectasis is reasonable. This could explain why yawning seems to occur when your breathing is shallow, such as when you're tired or bored. However, we don't know if the theory is true.

Here's another theory: Yawning might be a warning system to alert you that you're getting sleepy and you had better stay awake. If you are driving a car, for example, and relaxing to the point where you might soon fall asleep, yawning might make you more conscious of the need to take a break. Yawning is associated with stretching of the muscles and joints and an increased heart rate. That may make you more alert.

Finally, yawning may be a sign of disease. Although rarely the first sign, excessive yawning has been observed among people with multiple sclerosis, ALS (Lou Gehrig's disease) and Parkinson's disease.

To be clear, yawning is not usually a sign of disease. It's usually just a sign that you're human.

(This column ran originally in October 2014.)

Dr. Komaroff is a physician and professor at Harvard Medical School.

Centre Communautaire de Brookbury

We want to thank all those who participated in the events at the Centre Communautaire de Brookbury. We held 5 card parties, a This and That Sale, a June 24th BBQ with music by "The Old Timers", our 2 pot luck suppers (the last one we had music by Bob Coates and his family) and our Halloween party.

We had an "open door" event that was organized by the Bury Historical Society. This was a fun event and it brought

many visitors to see the hall. We served tea and scones and had little handout brochures about the building.

The hall was rented several times for various activities. We are now closed for the winter and will reopen in May. Information: 819-884-5984.

Submitted by Brenda Eryou-Bailey

RATES and DEADLINES: ANNOUNCEMENTS & NOTICES

BIRTH NOTICES, CARDS OF THANKS, IN MEMORIAMs, BRIEFLETS:
Text only: 40¢ per word. Minimum charge \$10.00 (\$11.50 taxes included)
Discounts: 2 insertions or more: 15% off
With photo: additional \$18.50. **DEADLINE:** 11 a.m., day before publication.
BIRTHDAY, ANNIVERSARY & GET-WELL WISHES, ENGAGEMENT NOTICES:
Text only: \$16.00 (includes taxes)
With photo: \$26.00 (\$29.90 taxes included) **DEADLINE:** 3 days before publication.
WEDDING WRITE-UPS:
\$26.00 (\$29.90 taxes included) **WITH PHOTO:** \$36.00 (\$41.40 taxes included)

Please Note: All of the aforementioned (except death notices) must be submitted typewritten or neatly printed, and must include the signature and daytime telephone number of the contact person. Can be e-mailed to: clas-sad@sherbrookerecord.com - They will not be taken by phone.
DEADLINES FOR DEATH NOTICES:
For Monday's paper, call 819-569-4856 between 1 p.m. and 5 p.m. Sunday.
For Tuesday, Wednesday, Thursday or Friday's edition, call 819-569-4856 or fax 819-569-1187 (please call to confirm transmission) or e-mail: production@sherbrookerecord.com between 9 a.m. and 5 p.m. the day prior to the day of publication. The Record cannot guarantee publication if another Record number is called. Rates: Please call for costs.

TOWNSHIPS' CRIER

TOWNSHIPS

If you want to drink, that's your business. If you want to stop, we can help. Call Alcoholics Anonymous 1-888-424-2975, www.aa.org

LENNOXVILLE/WATERVILLE

BLOOD PRESSURE CLINIC - Lennoxville & District Community Aid will be offering free blood pressure clinics at the following dates and locations: **LENNOXVILLE:** At Community Aid's office 1:30-2:30 pm, 164 Queen, suite 104 Tuesday, November 8, 2016. **WATERVILLE:** At the Town Hall 10:00-11:00 am Tuesday, November 8, 2016. Please watch for our monthly advertisement in the local newspapers.

LENNOXVILLE

Lennoxville United Church, 6 Church Street, Borough of Lennoxville, will hold its annual Christmas Bazaar and Turkey Supper on Saturday, November 19 from 3 p.m. to 7 p.m. For Supper Reservations, please call: 4:30 p.m. Wendy Durrant 819-346-6448, 5:30 p.m. Frankie Noble 819-842-1035, 6:30 p.m. Joan Gill 819-849-7202. Admission charged, children under 5: free. Something for everyone at the Bazaar! Attic treasures, fish pond, food table, silent auction, knitting & crocheting, aprons & potholders, wish table, jewellery, candy, church calendars.

LENNOXVILLE

Have you started looking for those perfect Christmas presents for your friends and family? What could be better than original objets d'art crafted right here in the Townships by local artists? From November 6 to December 18, just in time for the holidays, you will find a wide selection of gift ideas at Bonheur d'hiver, our annual "prelude to winter" group exhibit. Nicole Champagne, Lucy Doheny, Debbie Everett, François Fournier, Caroline George, Libbey Griffith, Nicole Labbé, Julie Normand and Lise Robitaille will be exhibiting and selling their creations at wonderfully affordable prices. Uplands, 9 Speid Street in Sherbrooke (Borough of Lennoxville) is open Wednesday to Sunday from 1 p.m. to 4:30 p.m. Info: (819) 564-0409.

LENNOXVILLE

Military Whist will be played at "The Hut", A.N.A.F.

Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, November 9 at 1:30 p.m. To reserve a place for yourself or a table for 4, please contact Cheryl Bradley at 819-569-2067.

LENNOXVILLE

Ladies Auxiliary meeting at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Wednesday, November 9 at 7 p.m.

LENNOXVILLE

The annual Christmas Bazaar will be held at "The Hut", A.N.A.F. Unit #318, 300 St. Francis Street, Lennoxville, on Saturday, November 12. Sales tables will open at 3 p.m. Traditional Turkey Supper will be served buffet style starting at 4:30 p.m. Everyone is welcome, no reservations required.

NORTH HATELY

Join us on November 12 & 13 for the annual North Hatley Christmas Craft Fair in the Community Centre, 3127 Capelton Road, North Hatley, Saturday from 10 a.m. to 4 p.m. and Sunday from 11 a.m. to 4 p.m. There will be several new vendors as well as many old friends. Enjoy the warm and friendly atmosphere while looking for the perfect gift for someone on your holiday list. A light lunch of soup and a roll will be available for those interested. We look forward to seeing you.

AYER'S CLIFF

Sunday Brunch at Beulah United Church, 967 Main Street, Ayer's Cliff from 11 a.m. to 1 p.m. on Sunday, November 20. Come and enjoy a delicious meal of ham, sausage, bacon, scrambled eggs, homemade baked beans, pancakes with real maple syrup, toast, fruit salad coffee tea and juice. All are welcome.

STANSTEAD

Boutique Musee Colby-Curtis Museum, 535 Dufferin, Stanstead (Quebec) JOB 3E0, (819) 876-7322, will hold their annual Christmas Sale on Saturday, November 19 from 9 a.m. to 2 p.m. Gifts and Decorations. Hot Cider to be served! All welcome.

LENNOXVILLE

Come to Lennoxville Library to see Lennoxville Art Group's display of paintings on exhibit until Christmas! Vernissage is Saturday, November 19 from 1 p.m. to 4 p.m. We will be selling mini paintings at very reasonable prices! This is your chance to buy unique Christmas gifts! The mini paintings are only available at the vernissage.

BULWER

The Bulwer Branch of the Quebec Farmers' Association will meet at the Bulwer Community Centre on Thursday, November 10 at 8:30 p.m. Pot-luck lunch. All are

welcome.

STANSTEAD

Book launch in the solarium of the Colby-Curtis Museum of the Special Edition SHS Journal Saturday, November 19 from 11 a.m. to 2 p.m. at the same time of the Christmas Boutique sale from 9 a.m. to 2 p.m. The titled is A Sense of Place: The imprint of the 19th and early 20th Century on Stanstead County. This book takes the reader from the Abenaki occupation of the land through a century and a half of migrations and settlement, leading to the formation of a unique, culturally and linguistically diverse, borderland community. The cost for Hard Cover is \$58.95 and for Soft Cover is \$28.95. Please make your cheque payable to Stanstead Historical Society and send to 535 Dufferin St. Stanstead, QC. JOB 3E0. For more information: (819) 876-7322.

LENNOXVILLE

Please join us for the Third Thursday Soup lunch on November 17, from 11:30 a.m. to 1:00 p.m. at St George's Anglican Church Hall on Queen St, in Lennoxville. The menu will include your choice of three delicious homemade soups and two desserts, rolls, juice, tea and coffee. There is no charge, but a donation towards the charitable work of the church would be gratefully accepted.

LENNOXVILLE

Friday, November 18, at Hope Community Church, 102 Queen St. in the borough of Lennoxville. Spaghetti dinner fundraiser to support families in Eastern Cuba hit hard by Hurricane Mathew last month. Come any time between 5:30 and 8:30 p.m. The funds we raise will be brought to Cuba and distributed through pastors and local churches with which we are in contact in the affected area. It will be given to help rebuild homes and churches that were damaged by Hurricane Mathew and to help meet some of the basic short-term needs.

• • •

This column accepts items announcing events organized by churches, service clubs and recognized charitable institutions for a \$7.00 fee, \$10.00 for 2 insertions of same notice, \$13.00 for 3 publications. Maximum 35 words. If you have more than 35 words the charge will be \$10.00 per insertion. Requests should be mailed, well in advance, to The Record, 6 Mallory, Sherbrooke, Quebec, J1M 2E2, be signed and include a telephone number and payment. Telephone requests will not be accepted. Admission charges and trade names will be deleted. No dances.

Overcoming vices

TUESDAY, NOVEMBER 8, 2016

Dear Annie

Dear Annie: When my husband and I got married a little over three years ago, we both had our vices. Mine was that I was smoking a pack a day of cigarettes, and his was that he was 20 pounds overweight and did not watch what he ate. On our wedding night, we vowed to really try to overcome our unhealthy habits. I quit smoking within six months of being married (it took a few tries), and he started eating better and running five times a week. Within the year, he had lost his 20 pounds. We were both feeling great. I have not had a cigarette in three years, and he had kept off the weight until recently.

About a year ago, he was laid off from his job, and he's not been able to find a new one since. He has been trying really hard but with no luck. Needless to say, he has been very discouraged and is not feeling great about himself — which has caused him to start back with some of his old unhealthy eating habits. He has stopped running and is eating close to a pint of ice cream almost every night before we go to bed.

I don't want to say anything to him about our pact because I know that this is a stressful time for him and I want to be supportive, but it hurts me to see him going down a self-destructive path. Should I say any-

thing to him about our pact, or should I wait to see whether he gets a job and starts to feel good again? — Made a Pact

Dear Pact: When is the ideal time to improve my physical fitness? No matter when you ask the question, the answer is always the same: Now.

Your husband doesn't need to wait to get a job to start getting back in shape. In fact, if he starts eating better and exercising more, he will probably have a better chance of finding a job, because he'll feel better about himself and exude more confidence. Gently remind him about the pact, and help him put down the pint of rocky road for some healthful bedtime snacks, such as an apple, a banana or cereal.

Make clear that you're coming from a place of love, not judgment. Keep an open line of communication and check in on his emotional well-being, as mental health impacts physical health, and vice versa.

And congrats to you on quitting smoking. That is no small feat.

Dear Annie: One of your readers asked what the benefit is of putting yourself out there to heal wounds between siblings. I can tell her.

My siblings and I got into a long-lasting argument. Finally, when my husband became ill, each began to talk to me. They were not, however, talking to each other.

When my husband passed away and my brother got ill, I moved back home to take care of him in July. Still, I only saw one at a time until, at Christmastime, I had a party and invited both of them. I told each the other would be coming, and I expected both to be there and act decently toward each other.

Imagine my delight when my sister came in, went directly to my brother and gave him a huge hug, which he returned! They only needed a referee to pull them together.

Since that time, we have all been close to one another, helping whenever it's needed, enjoying fun times and realizing how much we missed with the previous quarrels. The quarrels were not about minor things, but the coming together as brother and sisters was so much larger.

It's worth the effort, because family is the one thing we need around us. — Happy to Referee

Send your questions for Annie Lane to dearannie@creators.com.

Email our social news to classad@sherbrookerecord.com

CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

" IDITK DJXI BJFMXG. ICFBHXI
KJFTGIAP XJJ. CJM'X YFGX DJXI.
EMJL LNHX KJF'TI DJXOMR PJT, HMC
GXHMC VK XNHX." — MOEEO TIIC

Previous Solution: "Politicians are like diapers. They both need changing regularly and for the same reason." — Mark Twain

TODAY'S CLUE: r sianbæ λ

REALITY CHECK

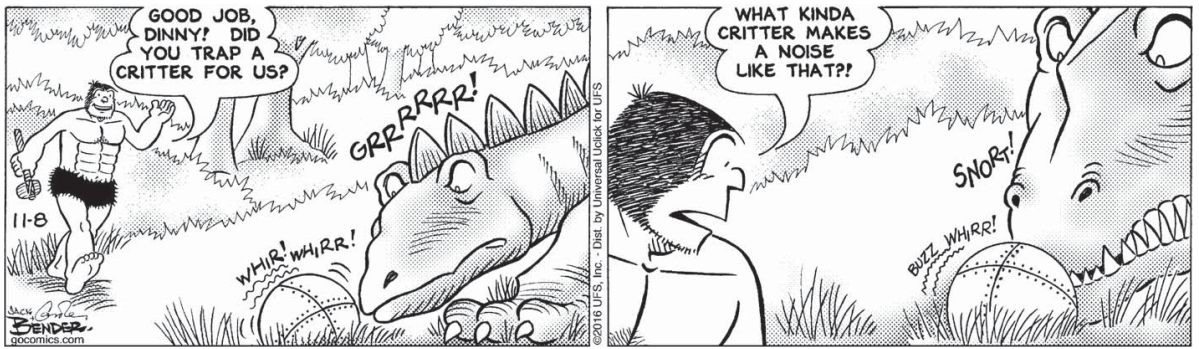


HERMAN

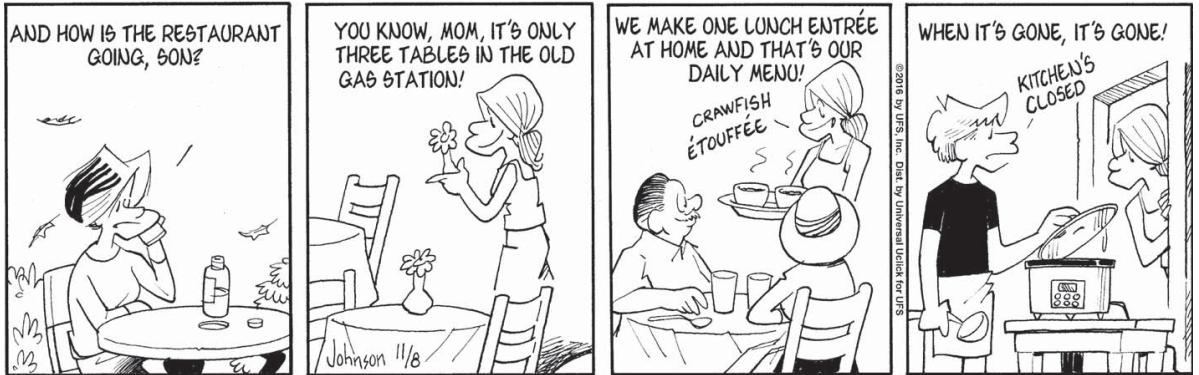


"You won't be able to paint the ceiling like that."

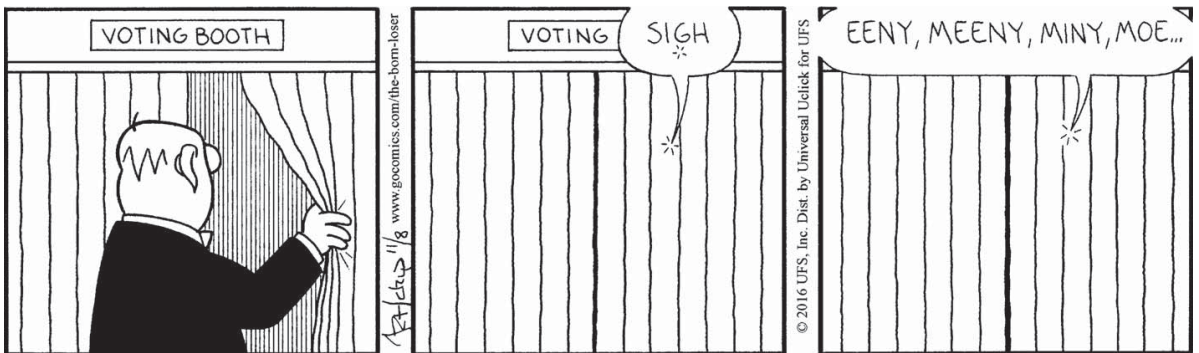
ALLEY OOP



ARLO & JANIS



THE BORN LOSER



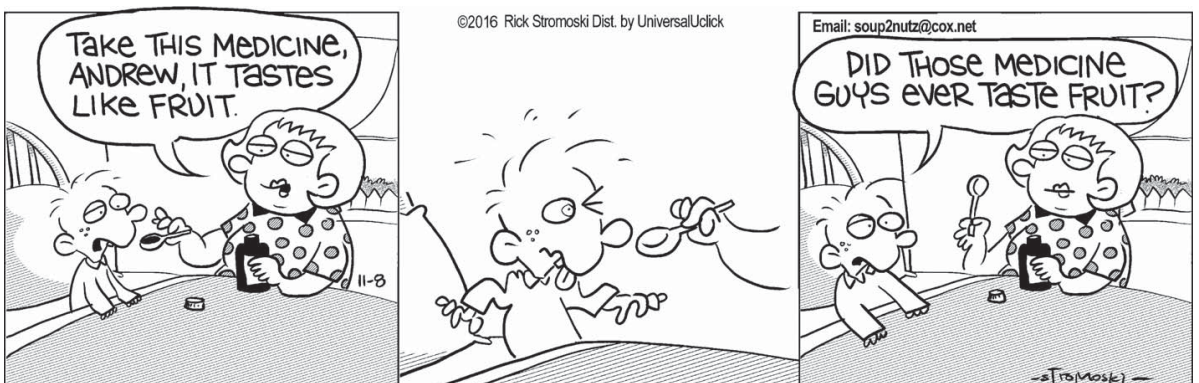
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Our 140th Anniversary & An Invitation



SHERBROOKE SNOW SHOE CLUB INC.

This month, the Sherbrooke Snow Shoe Club will inaugurate its 140th season. Founded in the fall of 1877, the club has experienced continual operation ever since. Having survived good times and bad, not to mention two World Wars and the Great Depression, the club has outlived all of its contemporaries, including as many as seven other snowshoe clubs formed in Sherbrooke since the late 1800s, all of which were francophone in composition.

Established nearly two decades in advance of the first publication of the RECORD, the club now has the honor of claiming to be the oldest, continuously-operating snowshoe club in the world. Although many preceded it, none have outlived it.

The club also has the distinction of being the oldest sports club in the city, on the forefront of organized sporting activity. Originally, given the limitations of transportation, membership in the club consisted mainly of local residents of Sherbrooke. Initial members represented the business and political elite of nineteenth century society. They alone, had the available time and resources needed for membership. Since then, however, membership has come to represent many different areas of the Townships with individual members hailing from such distant communities as Bury and Austin and everywhere in between. As well, over the past half century, the club has become more diversified and egalitarian, representing a broad spectrum of society.

One thing has remained constant, however, throughout the 140 years of club history. That attribute is the fellowship that has existed among members; the fellowship that continues to characterize membership down to the present day.

The SSSC wishes to mark this notable anniversary with an open invitation. It invites all former members and guests to visit once again. It invites all others in the community to join the ranks of current members, to experience the camaraderie that is the Sherbrooke Snow Shoe Club.

The seasons are short, extending from mid November to the end of February. Dinner meetings are held every Wednesday evening during this period, with as many as four Saturday night events in addition. Meetings are convened at 6:30 p.m. following a period of socializing in front of the club's welcoming fireplace.

The willingness or ability to snowshoe is not a prerequisite. While the sport of snowshoeing remains the club's 'raison d'être' and is always encouraged, membership is primarily focused on fellowship.

For anyone wishing to see what the SSSC experience is all

about, the club extends an invitation to join us for the first meeting of the season on Wednesday, November 16th or any other Wednesday evening. The club is located at 1900 Prospect, just west of the intersection at Jacques Cartier Boulevard.

Not sure? Not to worry. Come for a visit and see what the club is all about. No commitment required. For more information contact Don Watson at donwatson@videotron.ca or by calling 819-820-7628. See you on the 16th!

Steve Moore
 SSSC Secretary

SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

2				7	5		3	9
				6	8	2		7
7	4	1	3	2				8
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		2		1		5		
		6			7	3		
1				8	4	9	6	3
6		7	5	9				
8	9		6	3				5

11/8

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PREVIOUS SOLUTION

9	2	6	3	1	7	5	8	4
5	8	4	9	2	6	7	1	3
1	3	7	5	8	4	6	9	2
6	7	2	8	3	5	1	4	9
3	4	1	7	9	2	8	6	5
8	5	9	6	4	1	3	2	7
2	6	5	4	7	8	9	3	1
4	9	8	1	5	3	2	7	6
7	1	3	2	6	9	4	5	8

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Your Birthday

TUESDAY, NOVEMBER 8, 2016

Consider your choices and make decisions based on your needs, not on what others want or expect of you. Set high standards and make a point to map out what you want to see unfold over the course of the upcoming year. Don't let personal pressure stand in your way.

SCORPIO (Oct. 24-Nov. 22) — Emotional mistakes will be costly. Think outside the box and be sure to keep your expectations in perspective. Get your facts straight before you respond or take action.

SAGITTARIUS (Nov. 23-Dec. 21) — Put some heart into whatever you choose to do. Speak up and make positive changes based on what you want to accomplish. Don't settle for less.

CAPRICORN (Dec. 22-Jan. 19) — Don't worry so much about what others are doing. Focus on honing your skills and making sure you leave no room for error. Be a leader, not a follower.

AQUARIUS (Jan. 20-Feb. 19) — Look for answers from former colleagues or co-workers with whom you shared a rapport. Sharing the workload will help increase your output. Romance is encouraged.

PISCES (Feb. 20-March 20) — Focus on what you have, not on what you want. Money matters can be resolved if you are practical in your spending. Don't let a romantic desire turn into a costly mistake.

ARIES (March 21-April 19) — Keep a sharp watch over money matters and

people who may try to take advantage of your good nature. Personal gains will result if you focus on mental and physical improvements.

TAURUS (April 20-May 20) — Focus on what needs to be finished and don't stop until you reach your goal. Clear the clutter and prepare to begin again. Don't give up; get started.

GEMINI (May 21-June 20) — Emotional deception will be a problem. Having a realistic attitude regarding your plans, relationships or financial situation will be necessary if you want to get ahead.

CANCER (June 21-July 22) — A day trip will result in you meeting new people, broadening your perspective and learning new things. The connections you make will help you discover something that will bring you satisfaction and joy.

LEO (July 23-Aug. 22) — Keep your financial affairs a secret. It's best not to overspend or try to buy love. Stay focused on making personal changes that will gratify you mentally and physically. Romance is featured.

VIRGO (Aug. 23-Sept. 22) — Be diplomatic when dealing with personal, domestic or health matters. Not everyone will see things your way. Tread carefully when dealing with relationships.

LIBRA (Sept. 23-Oct. 23) — Your involvement in networking functions or activities that involve children will help you look at your future in a new light. Don't procrastinate. You should be moving forward.

TUESDAY, NOVEMBER 8, 2016

Strange bidding, but good defense

By Phillip Alder

A.N. Onymous said, "The best defense against the atom bomb is not to be there when it goes off."

Finding the best defense against any contract is always satisfying. East-West were happy at the end of this deal.

First, though, let's look at the auction. North was a tad weak for the two-heart reverse, which promised a very good 16-20 points. In the tournament world, after this type of reverse, responder's rebid of fourth suit or two no-trump, whichever is the cheaper, artificially warns of a very weak hand. This North-South pair did not have that agreement, so South rebid two no-trump to show his club stoppers, wondering if they belonged in no-trump or diamonds. North, aware of the previous overbid, suddenly passed.

West led his fourth-highest club. South might have won dummy's king with his ace to take a diamond finesse, but that would not have worked well here. Instead, declarer won on the board and played a spade to his jack. West made a commendable smooth duck. Now South cashed his top clubs (East throwing a spade) and took the heart finesse (an error here — a club would have been more successful). East won and worked to strand declarer in the dummy. East cashed the spade ace, then

North 11-08-16			
♠ 10 4			
♥ A Q J 5			
♦ A J 10 6 5 4			
♣ K			
West			East
♠ K 5 2			♠ A 8 6 3
♥ 9 4 3 2			♥ K 10 8 7
♦ 9			♦ K Q 8
♣ J 9 8 3 2			♣ 5 4
South			
♠ Q J 9 7			
♥ 6			
♦ 7 3 2			
♣ A Q 10 7 6			
Dealer: North			
Vulnerable: North-South			
South	West	North	East
		1♦	Pass
1♠	Pass	2♥	Pass
2NT	Pass	Pass	Pass
Opening lead: ♣ 3			

led the heart 10 (in case South had started with nine-doubleton). South won on the board and cashed the heart ace, under which West carefully played the nine.

East won the next heart and led a spade to partner's king. West cashed the club jack, then pushed a diamond through the dummy to defeat the contract.

CROSSWORD

Across

- 1 Catnip or coriander
- 5 Throw in the towel
- 9 Former "Idol" judge Paula
- 14 Old music halls
- 15 Loosen, as laces
- 16 Author John le ___
- 17 Out of control
- 18 Road in old Rome
- 19 Martial arts-based fitness routine
- 20 *Old West transport
- 23 British brew with a red triangle in its logo
- 24 "Oops, almost forgot"
- 25 Captain Marvel's magic word
- 27 Felt sorry about
- 29 Workable, as an alternative
- 32 Good-and-bad-dietary substances
- 35 Consumed
- 38 Jiffy Lube supply

- 39 ___ Fáil: Irish "stone of destiny"
- 40 *Trailways, for one
- 42 Big fuss
- 43 Pennysaver contents
- 44 "Family Matters" nerd
- 45 Kenton of jazz
- 46 Making a cake, say
- 48 DVR pioneer
- 51 Charlatans
- 54 Shoe polish targets
- 58 Molecule part
- 60 Having financial freedom ... and, literally, what the last words of the answers to starred clues comprise
- 62 Bouquet ___: chef's tasty bundle
- 64 Retail complex
- 65 Took a tumble
- 66 One sent back down the river?
- 67 "Metamorphoses" poet
- 68 Russian river

- 28 Furniture with a lock, maybe
- 30 "___ Rose": "The Music Man" song
- 31 North Carolina campus
- 32 Personal trainer's target
- 33 Verdi princess
- 34 *Temporary group for a specific job
- 36 23-Across, e.g.
- 37 Lean
- 40 Camp bed
- 41 Impulses
- 45 Deeply expressive
- 47 Emphatic denial

- 49 Wagner princess
- 50 48-Across ancestor
- 52 Swab again
- 53 Avoid, with "off"
- 55 Sporty '80s Pontiac
- 56 Note equivalent to E
- 57 Flies off the shelf
- 58 Like much whiskey
- 59 Prepare for takeoff
- 61 Toss of a coin
- 63 Elected pols

A	M	I	D		M	E	M	O		W	A	D	E	S	
M	I	D	I		I	M	I	N		O	R	A	T	E	
T	E	E	N	C	R	U	S	H		R	I	N	S	E	
S	N	A	I	L		S	I	C	K	D	A	Y	S		
					N	E	A	P		R	A	F			
S	M	O	G		T	I	M	E	T	O	K	I	L	L	
L	O	P		C	A	L	I			R	A	B	A	T	
O	N	E	S	I	D	E	D	V	I	C	T	O	R	Y	
S	T	R	U	T			G	I	B	E		O	R	R	
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O	N	T	W	O			P	A	R	T	Y	W	H	I	P
A	T	T	I	C			E	R	I	E		E	A	V	E
T	R	U	N	K			D	E	B	T		D	R	E	D

- 69 Loses on purpose?
- 70 Nickname for José
- 71 A great deal

- Down**
- 1 "In what way?"
 - 2 Novelist Wharton
 - 3 Race with batons
 - 4 Annoys persistently
 - 5 Pielike brunch serving
 - 6 Golden rule word
 - 7 "Any more bright ___?"
 - 8 Olympic symbol
 - 9 Play a part
 - 10 Words to a black sheep
 - 11 *Handsome guy or gorgeous gal
 - 12 Metro regions
 - 13 Many August babies
 - 21 Water in the Seine
 - 22 Place of safety
 - 26 Kindle read, briefly

1	2	3	4		5	6	7	8		9	10	11	12	13
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69							70					71		